

**Body Pump:** Challenge all your major muscle groups by using the best weight room exercises like squats, presses, lifts & curls. Great music, awesome instructors & your choice of weight will inspire you to get the results you came for - & fast!

**Boot Camp:** A full body workout that allows you to challenge yourself as much as you want. This class is designed to provide the ultimate in agility & cross training.

**Circuit Training:** This class is a mix of different modalities (Bootcamp, TRX, Weights, Kickboxing, etc.) created to get your heart rate up & strengthen your body.

**CXWORX:** 30 minutes of building core strength, improving functional fitness of the abdominals, mid-section, and glutes, as well as working the cross-slings, which run from the upper to lower body using resistance bands. Excellent supplement to other class formats.

**Cycle Sculpt:** Rev up your workout & burn calories faster. This class combines intervals on the spin bike with intervals of strength training.

**Group Cycle:** A non-impact class conducted on a stationary bike. This class is appropriate for all levels of fitness.

**H.I.I.T.:** High Intensity Interval Training is a form of interval training will take your workout to the next level & push your physical limits. This is an advanced-level workout.

**Intro to Boot Camp:** This 30-minute class is designed to introduce you to the basics of Boot Camp. You will learn the exercises used in traditional boot camp & build up your strength/endurance for the full-hour class.

**Intro to TRX:** A 45-minute class designed for those who want to gain strength & increase balance using the TRX straps. This class is ideal for those who are recovering from an injury or are new to TRX.

**Kick H.I.I.T.:** A combination of aerobics, boxing & martial arts; no gloves required.

**Kickboxing:** Kick, punch, jab & power your way through this cardiovascular & muscular endurance workout using gloves & bags. Bring your own gloves.

**Pilates:** A mat-based workout that will strengthen & lengthen your muscles, help improve posture, enhance stability, increase core muscle strength & improve flexibility.

**Pilates/Barre:** A combination class that uses the foundation skills in a Pilates class with the addition of the basic Barre program without the use or necessity of a ballet bar. This class integrates the fat burning format of interval training, the muscle shaping technique of isometrics, the elongating principles of dance conditioning & the science of physical therapy to create a revolutionary workout that quickly & safely reshapes your entire body.

**Step Sculpt:** This class introduces alternating sets of interval training along with a simply choreographed Step workout. Not only do you get the advantage of aerobic exercise, you'll get the added benefit of a challenging interval training routine.

**TRX:** TRX bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It uses the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete 100s of exercises. You will be challenged as the instructor guides you through intense core, strength and & balancing drills.

**UJAM:** An athletic hip-hop dance fitness workout that combines dance & high energy music for a workout that is bound to get your heart rate up, your body moving & make you work up a sweat — all while having FUN!

**Yoga:** To provide you with a yoga class suited to meet your needs & wants, the YOGA classes are identified in 3 categories:

- **Flow** - A fitness-based approach to Vinyasa style flow. Students will focus on linking conscious breath with a vigorous & mindful flow. Students will build strength, flexibility & concentration while cleansing the body & calming the mind.
- **Advanced Yoga** - This class is for yoga practitioners with 3+ years of experience and who want to hone into deeper hatha yoga experiences. It offers exploration into more advanced practices. Class will include breath work, asana alignment and focus, transitions, deep stretches and balance through the Anusara principles of alignment. Suitable for intermediate & advanced yoga practitioners.
- **Restorative** - Low intensity & includes restorative/yin aspects. Relaxation & tension release is the primary focus.
- **Yoga 101** - This class is best suited for those new to yoga. In a comfortable environment, this class will introduce the fundamentals of a yoga practice, including breath, proper alignment, and mindfulness. This class offers time for students to develop self-awareness & refine their practice.
- **Yoga Specialty** - This class is taught by a different instructor each week to bring a variety of yoga emphases.

**Zumba:** This high energy class uses motivating music with unique moves & combinations to give you the best dance workout ever! Zumba® is based on the principle that a workout should be “FUN AND EASY TO DO” allowing its participants to stick with it to achieve long- term health benefits.

**50+ Boot Camp:** Improve your strength, flexibility & cardiovascular system with this fun, low-impact, exercise program for active older adults.

**50+ Fitness for Arthritis:** This class uses gentle activities to help increase joint flexibility, range of motion & muscle strength.

**50+ Functional Fitness:** A class that provides a supportive & safe environment to help increase one’s strength, flexibility & balance, using chairs, lightweight dumbbells, resistance bands & stability balls. This class is taught by a fitness specialist with an expertise in working with active older adults.

**50+ Music & Moves:** A group exercise class that provides a supportive & safe environment to help increase one’s strength, flexibility, balance & movement, while dancing, using chairs, lightweight dumbbells & resistance bands choreographed to music.

**50+ Zumba® Gold:** This specialty class follows the Zumba® formula & is designed for the active adult who wants to join the fitness party but requires a lower impact & less intense workout. This class is perfect for those looking to begin a healthy fitness lifestyle or for those relaunching their fitness program.



# Group Exercise Schedule

## July 1<sup>st</sup> – September 30<sup>th</sup>, 2018



### Group Exercise:

The Centennial Recreation Center together with the YMCA offers an extensive variety of group exercise classes. We strive to accommodate a broad range of fitness levels in every class, and we encourage you to work at your own pace. Group exercise should be a fun experience for you and the whole family. Before starting any new exercise program, please consult with your physician.

### General Information:

- ✓ If you are new to group exercise or returning after an absence, please tell the instructor so she/he may offer modifications.
- ✓ Warming up is a vital part of exercise. **If you are more than ten (10) minutes late, please wait for next class.**
- ✓ If you need to leave class early, please inform the instructor at the beginning of the class.
- ✓ Closed toe athletic shoes & athletic wear are required for all classes except Yoga & Pilates. Shirts are required & no crop-tops.
- ✓ No food, gum, or drink allowed except for water in appropriate containers. No glass.
- ✓ Please put cellphones on silent to prevent class interruption. If you need to take a call, please step out of the room.
- ✓ Youth 12 & older may participate in classes without a supervising adult. Youth between 8-11yo need to be accompanied by an adult.
- ✓ Children are not allowed to sit in the back or side of the fitness studio during class due to limited space & safety.
- ✓ Please refrain from wearing perfume, cologne, or body sprays as we have members with allergies.
- ✓ **Enjoy class, have fun, and work at your own level!**



**Our sub list will be posted every Friday for the following Saturday – Friday**

***\*To stay up to date on any class changes/cancellations, follow us on Facebook and/or Instagram\****








**Centennial Recreation Center**  
171 West Edmundson Ave.  
Morgan Hill, CA 95037  
408.782.2128  
[www.mhcrc.com](http://www.mhcrc.com)

**Facility Hours:**  
Monday-Friday 4:30am-10pm  
Saturday 6:30am-8pm  
Sunday 6:30am-8pm

**Kids’ Club Hours:**  
Monday-Friday 8am-8:30pm  
Saturday 8am-2pm  
Sunday 8am-2pm

**Community and Cultural Center**  
17000 Monterey Rd. Morgan Hill, CA 95037 408.782.0008  
[www.mhcommunitycenter.com](http://www.mhcommunitycenter.com)

**Questions or Comments**  
Katie Plaza, Health & Wellness  
Group Exercise Coordinator  
408.310.4247  
[Katie.Plaza@mhcrc.com](mailto:Katie.Plaza@mhcrc.com)

MONDAY			
Time	Class	Instructor	Location
5:30–6:25am	Boot Camp	Julie	Gym
8:30–9:25am	 Step Aerobics	 Kathleen	Studio
8:30–9:25am	Zumba	Katie	Gym
9:30–10:25am	Body Pump	Lindsey	Studio
9:30–10:25am	H.I.I.T.	Kelli	Gym
10:00–10:55am	50+ Pilates	Melissa P	CCC*
10:30–11:45am	Flow Yoga	Barbara	Studio
11:00–11:45am	Intro to Pilates	Melissa P	CCC*
12:00–12:55pm	Pilates	Julie	Studio
1:00–1:55pm	50+ Music & Moves	Teresa	Studio
3:30–4:15pm	Group Cycle	 Shellie	Studio
4:30–5:20pm	TRX	Susie	Studio
5:30–6:25pm	Body Pump	Jessica	Studio
6:30–7:25pm	Pilates	Jill	Studio
7:30–8:25pm	Group Cycle	George	Studio
TUESDAY			
Time	Class	Instructor	Location
5:30–6:25am	Body Pump	Julie	Studio
5:30–6:25am	Group Cycle	Carol	Gym
8:30–9:45am	Flow Yoga	Yvette	Studio
8:30–9:00am	Intro to Boot Camp	Julie	Gym
9:00–9:55am	Boot Camp	Julie	Gym
9:00–9:55am	50+ Fitness for Arthritis	Ben	Teen Center
10:00–10:55am	50+ Fitness for Arthritis	Ben	Teen Center
10:00–10:55am	50+ Chair Yoga	Amy	Activity Room 1
10:00–10:55am	Cycle Sculpt	Kelli	Studio
10:00–10:55am	50+ Boot Camp	Julie	Gym
10:00–10:55am	Flow Yoga	Doris	CCC*
11:00–11:55am	Pilates	Melissa P	Studio
11:00–11:55am	50+ Chair Yoga	Amy	Activity Room 1
11:05–12:00pm	Flow Yoga	Doris	CCC*
12:00–12:55pm	UJAM	AJ/Fanja	Studio
4:30–5:25pm	Kick H.I.I.T.	Laurie	Studio
5:30–6:25pm	Zumba	Jessica	Studio
6:30–7:25pm	TRX	Susie	Studio
7:30–8:25pm	Restorative Yoga	Yvonne	Studio
WEDNESDAY			
Time	Class	Instructor	Location
5:30–6:25am	H.I.I.T.	Kelli	Gym
5:30–6:15am	TRX	Susan	Studio
8:30–9:25am	Kickboxing w/gloves	Laurie	Studio
8:30–9:25am	Zumba	Monica	Gym
9:30–10:25am	Body Pump/CXWORX	 Bethany	Studio
10:00–10:55am	50+ Zumba Gold	Teresa	Gym
10:30–11:45am	Flow Yoga	Ellen	Studio
10:30–11:25am	50+ Pilates	Amy	Activity Room 2
12:00–12:45pm	Intro to TRX	Katie	Studio
1:00–1:55pm	50+ Functional Fitness	Ben	Studio
3:30–4:25pm	 CXWORX/Group Cycle	 Bobbi	Studio
 4:35–5:20pm	TRX	Lisa/Kristin	Studio
5:30–6:25pm	Flow Yoga	Yvette/Liz	Studio
6:30–7:25pm	Zumba	Kel	Studio
7:30–8:25pm	Body Pump	Melissa Y/Marivel	Studio

\*This class is located off-site, at the Community and Cultural Center  
Closed: New Year’s, Easter, July 4th, Thanksgiving & Christmas   **Holiday Hours:** Memorial & Labor Day 6:30am–2pm Christmas Eve & New Year’s Eve

THURSDAY			
Time	Class	Instructor	Location
5:30–6:25am	Cycle & Core	Jonna	Studio
5:30–6:25am	Boot Camp/Pilates	Julie	Gym
8:30–9:45am	Flow Yoga	Dolores	Studio
8:30–9:00am	Intro to Boot Camp	Julie	Gym
9:00–9:55am	Boot Camp	Julie	Gym
10:00–10:45am	TRX	Blair	Studio
10:00–11:00am	50+ Yoga Flow	Yvette	Activity Room
10:00–10:55am	50+ Boot Camp	Julie	Gym
10:00–10:55am	50+ Pilates	Melissa P	CCC*
11:00–11:55am	Pilates/Barre	Julie	Studio
11:00–11:55am	Flow Yoga	Ana	CCC*
12:00–12:55pm	Cycle Sculpt	Julie	Studio
12:00–12:55pm	Flow Yoga	Debbie/Dolores	CCC*
3:30–4:15pm	Kids Yoga (4–12)	Doris	Studio
4:30–5:15pm	Group Cycle	Bobbi	Studio
5:30–6:25pm	Body Pump	 Jessica	Studio
6:30–7:25pm	Pilates	Jill	Studio
7:30–8:30pm	Flow Yoga	Doris	Studio
FRIDAY			
Time	Class	Instructor	Location
5:30–6:25am	TRX	Susie	Studio
5:30–6:25am	Cycle/H.I.I.T.	Kelli	Gym
8:30–9:25am	Body Pump	Melissa P	Studio
8:30–10:00am	Restorative Yoga	 Caitlin	CCC*
9:00–9:55am	Boot Camp	Ashley	Gym
9:00–9:55am	50+ Fitness for Arthritis	Ben	Teen Center
9:30–10:25am	UJAM	Fanja	Studio
10:00–10:55am	H.I.I.T.	Shellie	Gym
10:00–10:55am	50+ Fitness for Arthritis	Ben	Teen Center
10:00–10:55am	50+ Chair Yoga	Amy	Activity Room 1
10:30–11:45am	Flow Yoga	Dolores	Studio
11:00–11:55am	50+ Chair Yoga	Amy	Activity Room 1
12:00–12:45pm	Intro to TRX	Katie	Studio
1:00–1:55pm	50+ Functional Fitness	Ben	Studio
3:30–4:15pm	Cycle Sculpt	Shellie	Studio
4:30–5:25pm	Circuit Training	Susie	Studio
5:30–6:25pm	UJAM	Suzi	Studio
SATURDAY			
Time	Class	Instructo	Location
7:00–8:15am	Flow Yoga	Barbara	Studio
7:00–7:55am	Cycle Boot Camp	Julie	Gym
8:00–9:00am	H.I.I.T./Core	Kelli	Gym
8:30–9:25am	Step Sculpt	Lea	Studio
9:30–10:25am	Body Pump	Lindsey	Studio
10:30–11:25am	Zumba	Kel	Studio
11:30–12:45pm	Flow Yoga	Liz	Studio
SUNDAY			
Time	Class	Instructor	Location
8:00–8:55am	TRX	Susie/Lisa/Kristin	Studio
9:00–9:55am	Kickboxing	Laurie	Studio
10:00–10:55am	Group Cycle	Vicki	Studio
11:00–11:55am	Zumba	Katie	Studio